

Growing Healthy Families

MIDDLEBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program
156 South Village Green, Middlebury, VT 05753 • 1-802-388-4644 or 1-888-253-8804

De-stress for the holidays

Tuesday, December 13; 5:30–7:00 p.m.

Town Hall Theater, 68 South Pleasant Street, Middlebury

This workshop is the first in a series of free events for parents of young children. This fun and lighthearted series will allow parents to mingle with like-minded peers, enjoy a short presentation addresses challenges we all face as parents, and learn about local wellness opportunities in our communities.

Join Dr. Jody Brakeley and other experts to learn how stress affects the brain, child development, and family relationships. Experts will share ideas about how to manage your own stress, as well as ways to increase positive family relationships. Kids are welcome, and will enjoy activities and dinner.

RSVP required: www.eventbrite.com/e/de-stress-for-the-holidays-tickets-28773101120.

Sponsored by Addison Building Bright Futures, Addison Integrating Family Services, Otter Creek Child Center, Bristol Family Center and Evergreen Preschool.

Mommy group

**4th Wednesday of every month
9:30–10:30 a.m.**

**Middlebury Parks and Rec
Department
Community Room**

154 Creek Road, Middlebury

Get out of the house and join Breastfeeding Peer Counselor, Angela Scavo, for an hour of hanging out with other moms. It's a great opportunity to ask questions, talk about mommy-hood, let your little ones interact, eat snacks, and utilize the great new multi-purpose room at Parks and Rec on Creek Road.

Contact Angela with questions at 349-9084.

All activities are FREE
of charge!

Music and movement

**Mondays, 10:00 a.m.–Noon
Helen Porter Healthcare and Rehab
Big Meeting Room
30 Porter Drive, Middlebury**

Get moving and shaking at Helen Porter playgroup! Music with May begins at 10:15 a.m. and goes until 11:30 a.m. Come whenever you can make it. Everyone is welcome, both young and old alike and what a beautiful sight to see the intergenerational group!

Contact WIC with questions.

Breastfeeding Café

**3rd Tuesday of every month
11:00 a.m.–1:00 p.m.
Ilsey Public Library
Community Meeting Room
75 Main Street, Middlebury**

The Breastfeeding Café is open to nursing moms, pregnant women, family and friends. Join the group to chat with other moms, ask

questions, have a snack, and relax. Drop-in and visit!

Call or text Vicky K. at 236-4136 or Elizabeth C. at 349-3825 for more information.

Valentine's Day baby shower

**Tuesday, February 14
11:00 a.m.–Noon
Vermont Department of Health,
WIC Office, Conference Room
156 South Village Green
Suite 102, Middlebury**

Join the breastfeeding peer counselors for an hour of fun games, delicious food, and shopping for books, clothes, and other baby essentials. Can't make it? Don't worry, we have three more this year and you're invited to all of them!

Look for your invitation in the mail from your peer counselor or call Gillian at 802-388-5741.